

## Union Happenings



A group of freshmen perform at the Gong show held last Friday night in the Union.

photo by Lucy Kennedy



Anne Whitehead and Martha Crowley place bets during the CSA sponsored "Night at the Races" held last week in the Union.

photo by Marybeth Carroll

## 'Helter Skelter' author delivers lecture at Loras

By Mike Canning  
Staff Writer

The Loras College Student Senate sponsored a talk by Vincent Bugliosi, author of *Helter Skelter* and *Till Death Us Do Part* on October 24 in Loras' Tuohy auditorium.

Bugliosi was the prosecuting attorney in the Charles Manson "Family" murder case in Los Angeles in 1969.

The lecture focused on the nature of the bizarre murders and the Manson family. Bugliosi attempted to

explain Manson's control over his "family" and why they murdered for him. He also explained Manson's "Helter Skelter" theory, which became the name for Bugliosi's best-selling book about the murders and the trials.

During his career as an attorney for the county of Los Angeles, Bugliosi obtained convictions in 105 of his 106 murder cases. He now works for a private law firm in Los Angeles.

Bugliosi's talk began at 8 p.m. and he spoke to a crowd of about 200 people.

## 'Little Sisters' to visit Clarke for weekend

Over 60 girls ranging in age from four to 18 will be staying at Clarke this weekend for the first "Little Sister Weekend" sponsored by Phoenix.

The girls, who are sisters, neighbors, relatives, or friends of Clarke students, will arrive on campus from 4-6 p.m. today. According to Mary Therese Rooney, chairperson of the weekend, most of the girls are around age 12. Rooney and other Phoenix committee members have been planning for the event since the beginning of the semester.

Activities include a 13 x 13 performance at 7 p.m. in the Music Hall tonight followed by a Welcome in the cafeteria at 10 p.m.

Roller skating, volleyball and swimming are scheduled for Saturday as well as dinner and an evening sundae at 9 p.m. A special Liturgy will be given Sunday in the Sacred Heart Chapel starting at 11 a.m. Departure for the little sisters is 2:30 p.m. Sunday afternoon.

A chaperoned bus was planned for girls from the Chicago area, leaving Evergreen Park at 4:30 p.m., Hinsdale at 5:00, Des Plaines at 5:30 and Elgin at 5:45 Friday.

Contributed By Sister Mary Healy

This is Clarke's first official "Little Sisters' Weekend." But little sisters have been visiting — and following big sisters in attending — Clarke since long before we called it Clarke.

Pairs of sisters here now are Mary Pat and Ann Rielly, Chris and Sharon Green, Rose and Mary Ann Heck, Kathy and Lynn Barta, Chris and Jenny Hanson, Liz and Luz Rosado, Roseann Link and Kathy Link Decker. There are two three's: Lucy, Jenny and Polly Parkin and Sisters Phyllis, Helen, and Alice Kerrigan. (They attended Clarke as students, too.) Record holding little sister of all time may be Brenda Enzler whose seven older sisters attended Clarke. When Sue Hawks started, two older sisters were students and the oldest was an admissions counselor.

Sister Madelena Thornton recalls that when her little sister visited they got to eat out, a great treat for Clarkies of the '20s. On the other hand, Sue Klein remembers getting to eat in the student dining room (fish sticks and macaroni and

cheese) when she came as a junior high student to visit her sister Jane. Sue came on a weekend when Jane's roommate was gone, so she could share her sister's room and all the other joys of dorm life. In those days, Kennedy Hall was new and buses did not go there yet on Saturday, so Clarke students hitchhiked — a practice unsuccessfully discouraged by authorities. Sue, Jane, and two other girls rode there in a Volkswagen with a man and his little boy, a memorable experience in itself.

Sister Bertha Fox' two little sisters (both Clarke graduates) used to come along on Parents' Day. In that period, the parents got to eat in the student dining room while the students and all the little brothers and sisters had a picnic outside. This, of course, was in May, and later there was an outdoor May Crowning at the grotto.

Martha Avelleyra also came for Parents' Day when she was about 12; she remembers how beautiful the campus was in the springtime and how lost she was when Patty took her for a tour of the buildings.

Chris and Sharon Green sometimes came to Clarke as children to visit their aunt, Sister Mary Vincen-

tia Kaferstein. Sharon recalls how the general impressions she had of long corridors, huge rooms, and shiny floors suddenly narrowed to specifics when she came as a prospective student interested in computer science. She liked what she saw and came to stay.

Luz Rosado did not come until she was a prospective student on a See and Ski Weekend. She had not warned her sister Liz who was working at the registration desk in MJH lobby when the Chicago contingent arrived. Liz, for once, was speechless. Along with a silent sister, Luz remembers the friendliness of people here.

Sister Helen Humeston was not so favorably impressed by the people. When she came as the four-year-old very, very little sister of a biology major, she was terrified by her first encounter with Sister Mary Joseph Therese, the towering, black-clad chairman of the biology department and burst into tears and wailed. Her big sister was embarrassed. Sister Therese Mackin denies ever coming to Clarke when she was Mary Mackin's little sister; Mary took no chances on being mortified.

The Clarke College

# COURIER

SERVING THE DUBUQUE TRI-COLLEGE AREA

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Dubuque, Iowa

Nov. 2, 1979

## Annual Clarke Thrust sets goals

The Annual Clarke Thrust (ACT), Clarke College's major fundraising campaign in Dubuque, kicks off Nov. 15 with a two-phase goal of \$106,000.

A \$66,000 goal, a seven percent increase over last year's \$60,000 goal, has been set for the campaign for financial support from the local business community.

This year, a special \$40,000 appeal will be made to Dubuque's medical community to help furnish a nursing laboratory, library and

other facilities for Clarke's new Bachelor of Science in Nursing (B.S.N.) program which will begin next fall.

Dale Nederhoff will chair this year's ACT campaign. Dr. Paul G. Pechous and Dr. Robert A. Melgaard will serve as advisors for the nursing appeal.

Nederhoff, a native of Wellsburg, Iowa, is an architect and vice president of the Durrant Group. He is president of the Colts Drum and Bugle Corps, a board member of

the Dubuque Symphony Orchestra, a member of the Northeast Iowa Crime Commission and a trustee and board member of St. Luke's United Methodist Church. Nederhoff has also served on the Clarke Development Council since 1972.

Dubuque businesses and professionals will be called on during the campaign by members of the Development Council, a group of 75 prominent Dubuquers who support Clarke and its goals.

## Children's play cast announced

Cast members have been announced for the annual Clarke children production. This year the Flight Four Children's Theatre contribution at Clarke will be "The Great Cross Country Race," by the British playwright Alan Broadhurst.

Directed by Tom Skore, the cast includes Monica Nease as Fleet, DeAnne Semler as Sloe, Mary Rose Kitch as Sett, Muff Parks as Basket, Anna Stefaniak as Mrs. Warren, Becky Heil as Mrs. Brush, Laura Carney as Paddle, Duckie Contreras as Spiny, Ray Small as George/Brando, Val Olafson as Mrs. NotCouth/Mrs. Stainer, Chris Kirsch as Jackie, Tracy Badura as Sophia/Maud, and Michael Gilligan as Mr. NotCouth.

The assistant director is Patti Boland, the stage manager is Josie Ford, the set and light designer is Ellen Gabriellschi, and the costume design is by Suzanne Schultz.

"The Great Cross Country Race" will be presented on Dec. 8 at 2:00 and 7:00 p.m. and Dec. 9 at 2:00 p.m. in Terence Donaghoe Hall.

## 13 x 13 concert scheduled tonight

Clarke's music department will present a concert by the 13 x 13 group tonight at 7 p.m. in the Music Hall. The group will be presenting its last performance before auditions are held for new members. Admission is \$1 or \$1 in CSA tickets.



photo by Margaret Doyle

Clarke students enjoy the fallen leaves outside Eliza Kelly Hall.

## Nursing department approved by Board

Clarke's Nursing Department was officially approved Wednesday by the Iowa Board of Nursing meeting in Iowa City.

The approval, which allows Clarke to begin recruiting students for the new department, was given following a presentation by Dr.

Meneve Dunham, Clarke president, on the progress made in planning the Nursing Program.

Debra Livingston will be the Nursing Department chairperson with part-time faculty members Barbara Callahan, Julie Johnson, Billie Skelley, and Elaine Wheeler.



# Day of blindness described

By Cathy Hemesath  
Staff Writer

I spent a day being "blind." Before you think "Oh my, how awful," let me explain. It all started when my editor wanted an article that was unique and interesting. It was suggested that someone walk around with a blindfold on all day to see what it felt like to be blind, and I was nominated.

I woke up in the morning of the appointed day and immediately put on the blindfold. (I had thought of sleeping in it so that I would have the sensation of waking up 'blind,' but I figured that with my luck I would strangle myself in my sleep). It was hard getting dressed and at the same time trying to get used to the total darkness that engulfed me. I had trouble trying to figure out what I had, if it was the right color, if it was inside out, or if it was even mine. It took me about twice as long to get dressed as it usually did, even with my roommate's help. It seemed as if I was all thumbs. It is amazing how much difference it makes in a person's performance when they can't see.

I had trouble remembering just where things were and I knocked a lot of things over in some of my frantic searches. I began to use several methods for figuring out where things were and how I could get to them. I counted the number of steps

I took down the hallway, to different points in my room, the stairs, etc. this helped me to avoid walking into walls, falling down the stairs and other small casualties.

I found that I depended immensely on other people, especially when going to classes and meals when I was out of the close environment of my room. I needed a guide to get me through the hallways so that I could avoid running into people or getting lost. A few times when my guide became distracted, I ran into a couple of people and a door, but there wasn't any permanent damage done.

Eating was a challenging experience in itself. Deciding what to take without seeing it, filling the glass with my drink, and carrying my tray to the table without spilling were all obstacles to overcome. I tended to eat less because I had to depend on my hands for everything. I was very conscious of people watching me, and I took longer than my friends.

By doing this experiment I partly realized the trials of life as a blind person. The one big difference was that I knew I only had to remove the blindfold and I could see again. Blind people can never remove their blindfolds.

I noticed almost right away that my other senses had quickened. I relied a lot on my hearing and touch. Also, I began to develop a feeling for

realizing when someone was standing near me or staring at me.

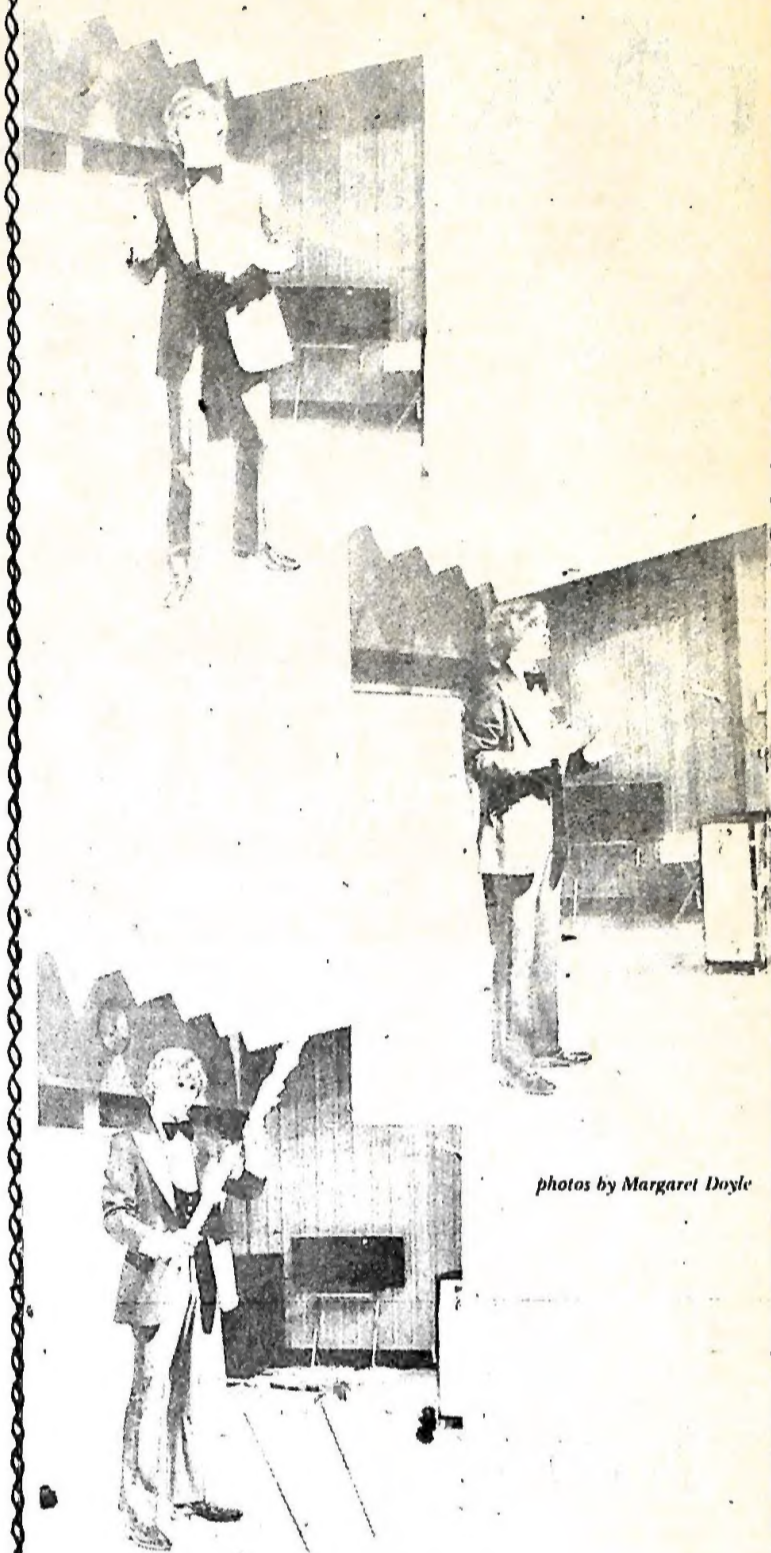
I was very self-conscious about doing this for a day, because it really attracted attention. It seems to be human nature to stare and ask questions when something out of the ordinary happens. It was a very uncomfortable feeling, even though I couldn't see them.

The blindfold seemed to make other people uncomfortable. It seemed that it was hard for them to adjust to the change in the atmosphere that occurred since I couldn't see. It made my teachers uncomfortable, too. It slightly altered their attitude towards my presence at the time.

I realized how left out a person can feel when they can't see, because there are so many references in the conversation of my friends that need sight to be appreciated. They often unconsciously left me out, simply because they were not used to having someone in their presence who could not see, and it was hard for them to adjust to it.

This entire exercise really opened my eyes to the real world of blindness. It is often a lonely, confusing, discouraging and terrifying life spent in total darkness. It's something that everyone should think about.

## Now you see it . . .



photos by Margaret Doyle

Magician Michael Connelly performed last Saturday in Clarke's Alumnae Lecture Hall. Here he shows a series of illusions with cards and feathers.

## Approaching a diet sensibly

By Julie Junker  
Staff Writer

Have you noticed that all of a sudden your pant's zipper doesn't want to zip, or that you're continually popping off buttons from your shirts, right around the waist? Maybe it's time to put yourself on a diet.

Fat can be very dangerous to your body. It can cause appendicitis, cirrhosis (fibrosis of the liver), diabetes, nephritis (kidney inflammation), and diseases of the heart and blood vessels, especially coronary disease. Fat also makes people clumsier and slower.

Some people are more inclined to be overweight than others. An overweight person usually has a heavier, larger bone structure. People with long, narrow hands and feet rarely have a weight problem. If both parents are overweight, there is an 80 per cent chance their children will be overweight. If one parent is overweight, there is a 40 per cent chance, and if neither has a weight problem, there is only a 10 per cent chance of the child becoming overweight.

You can weigh your determined weight and still be fat. This is where exercise comes in. Good muscle tone gives a lean and trim appearance. To determine if you are overweight, do the following: 1) Look in the mirror; 2) Measure yourself; 3) Weigh yourself; 4) Take the pinch test. (With arm hanging down in a relaxed position, find the exact midpoint between the top of your shoulder and your elbow, on the backside of your arm. Now gently pinch up a fold of skin and fat tissue — not muscle. If the fold is over an inch thick, you probably have a weight problem).

If you do have a weight problem, determine your goal and plan your diet. Keep track of your weight loss every week. Weigh yourself in the nude as soon as you wake in the morning to get the closest body weight. You should weigh yourself once every week at the same time, same place, and using the same scale (make sure the scale is accurate). Weighing yourself more than once a week sometimes makes you feel overconfident or depressed, and either case often causes excessive eating.

To lose weight, you must cut down on calories and/or increase your physical activity. To lose one pound you must eat 3,500 fewer calories.

When you start your diet, make it sensible. Your body needs protein, vitamins, minerals, carbohydrates, and fats every day. Depriving yourself of these by fasting could cause severe mental and physical problems. Some people have lost their hair, fingernails, and sanity through fasting from the lack of protein their bodies require. Drugs are also very dangerous and not always effective. They don't just work on the appetite alone, but also affect the nervous system, and can be habit forming.

A diet should consist of three well-balanced meals a day, at least three hours apart, and frequent low calorie snacks. Don't starve yourself. Your hunger will overcome your common sense and you'll eat everything in sight.

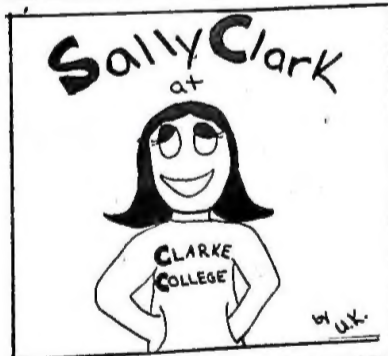
To make your diet work, measure the amount of food you eat and keep

track of food intake. One way to accomplish this is to keep a chart each day of everything you eat. Invest in a diet (food) scale, and use it along with measuring spoons and cups.

During the first two weeks, weight loss is 80 per cent water and 15 per cent fat. Eventually, the water/fat ratio will reverse, but not for the first three months.

Weight loss slows down after the first week or two. The third week you may not lose any weight because this is the week food you ate before starting your diet causes a stand still. A loss of two pounds a week is the average and usually the maximum weight loss. Don't be discouraged with less than two pounds; any weight loss is better than gaining.

Don't expect quick results. Losing weight is a tedious and sometimes discouraging task, but stick with your diet. In the long run, the results are well worth the effort.



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**System questioned**  
The first side opens with the top beat "Let's Go," but then slides into a more serious tone. The second side, by comparison, moves easily and without hesitation toward its conclusion.  
I would most definitely recommend "Candy-O," though not without a few words of caution: it is an album representative of an entirely new sound, abstract and unparalleled, and those unprepared will be sorely disappointed with their purchase. In time, however, the New Wave does grow on you, so be sure to give it ample time to do so before giving it the ax.  
The second effort of from Buffalo, is highly delightful obnoxious group's lead vocalist. It is unfortunate, at the majority of the first side do not live up to the lyrics. The most on the album are the single releases — "Let's Dangerous Type" — and "Lust for Kicks."

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Results from recent intramural volleyball games pictured above led to the team standings listed below.

## UD Spartans rank fourth in nation

By Sandy Blake  
Feature Editor

The University of Dubuque defended its undefeated record and fourth place nationwide standing, as the Spartans routed the Luther Norsemen 14-7 last Saturday.

In contrast to previous performances, quarterback Rick Steil's air game was ineffective, with only two out of eight completed passes and three interceptions. The Spartans only gained 15 yards passing, as compared with the 85 yards gained by Luther.

The running game proved much more valuable to the Spartans, as running backs Mike Masters, Tim Finn, and Brian Ferguson, and fullback Tom Spiros gained 134 yards on the ground.

The Spartan defense is rated sixth in the nation, allowing their opponents an average of only 167 yards per game. Saturday's game was no exception, as the defense limited Luther to 144 yards on the ground.

Curt Kain, replacing Gene Rowell who was injured early in the game, Bob Salinas, and Mitch Komro, were each credited with sacking the Luther quarterback.

But despite defensive efforts, Luther scored a touchdown with 4:44 left to play in the first half, and successfully converted for the extra point. For the first time all season, UD went back to the locker room behind in the game.

Early in the second half, kicker Todd Cox attempted a 34-yard field goal which was wide to the right.

The turning point of the game came when linebacker Steve Gangloff recovered a Luther fumble. The recovery set off a 30-yard drive by the Spartans, resulting in a touchdown by Steil. Cox' conversion kick was good, and the score was tied.

With 9:45 left in the game, Ferguson carried the ball over the goal line after another Spartan drive. Again Cox proved himself by kicking the ball between the posts for the extra point, and UD took a 14-7 lead.

## Faculty lose volleyball title

Jan Gabrielson of Team 4 finally pulled them ahead 11-10. With four consecutive serves by Connelly, Team 4 held the lead until the finish with a 15-10 victory.

The final game of the match was the closest with the score tied three times; at 3-3, 14-14, and 15-15. The score was held at 3-3 for nearly five minutes by turnovers until a combination save by Connelly and Crook of Team 4 started a streak which brought the score to 13-7 in their favor.

Turney then brought the score to within three points on a scoring series which Loring Jones then closed to a one-point difference, 13-14.

Two net serves in a row by each team held the score at a 14-14 tie for several minutes until Susan Michele Thompson of Team 4 played out the game with the final serves earning

ing a 17-15 victory over the faculty. The faculty team held the volleyball championship last year and the "Bionic Bumpers," which was made up primarily of members of Team 4, took second place. The Bumpers held the championship two years ago, when most of the members were also from Team 4.

The faculty team, represented by Turney, Pullen, Reger, Norman, and Jones in the play-offs also includes: Judy Biggin, Martha Davis, Hank Goldstein, Sue Houselog, Margaret Lazzari, Shirley Mescher, Mark Miller, Sister Sheila O'Brien, Cindy Redmond, and Marcy Sheriff.

Other members of Team 4 are: Liz Petty, Mary Hyland, Janet Lallier, Janet Illg, Pat Lenocho, Dolores Gales, Peg Frank.

Leading scorer for the faculty team was Michael Turney, who earned 13 points on serves in the match. Richard Pullen added eight points for the faculty while Ed Reger and Bill Norman each scored four. Reger and Pullen gave the team an edge on the defensive side with frequent spikes.

Game one was dominated by Team 4 until near the end. At one point Team 4 held a six-point lead, 8-2, but trouble with keeping the ball in bounds helped the faculty eventually win the game 15-12. Chris Green had six consecutive serves while Sharon Green made several difficult saves near the beginning, but spikes by Pullen, Reger, and Norman penetrated Team 4's offense, putting them behind 13-12, and keeping them at 12 until the game's end.

Turnovers dragged out game two but key plays by Carol Crook and

### Intramural Volleyball Standings

Team	Wins	Losses
1	4	2
2	2	4
3	3	3
4	7	1
5	2	5
6	5	2
7	3	3
8	5	2
9	0	6
10	2	4



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Senator Howard Baker, Republican Presidential Candidate, invites the students of Clarke College to join in the Students for Baker Campaign. For more information call collect: 1-515-244-0532.

Phoenix session was just one of the activities. Story and more photos on page 10.

### Phoenix sports

Phoenix, the student organization that coordinates religious activities at Clarke, has become involved in the Oxfam-America fast for a harvest to be held on Thursday, November 15th.

Oxfam-America is a non-profit, international development agency which funds self-help programs in Africa, and Latin America. Oxfam's emphasis in each program is on economic self-reliance and Oxfam's immediate projects include giving emergency relief to the boat people of Southeast Asia and to the starving Cambodian refugees in Thailand.

### False alarm call

A false alarm fire call forced residents out of Mary Josita Hall last evening. As no alarm had been sounded, the sound of several near-panic alerted students to an imminent danger.

According to Sister Mary Xavier, Director of the Physical Education Department, the episode looks like a prank. She said that a woman's voice was heard shouting "fire" from the dormitory.

### New Courier editor



Marie Doyle

Marie Doyle has been named to the position of editor of the Courier. She is a freshman from Loras and is a member of the Phi Kappa Phi Honor Society.